

metabolism, cell growth, digestion, testosterone production. Cu is involved in the transport of oxygen, promotes the resorption of Fe through intestine, and indirectly participates in the production of hemoglobin and myoglobin in muscle. The natural sources of minerals are: Mg – pumpkin seeds, spinach, dried plums, beans; K – dried apricots and plums, beans, baked potatoes, spinach, mushrooms; Zn – sprout wheat, pumpkin and sesame seeds, chickpea; Cu – sesame, sunflower seeds, walnuts; Fe – cereals, spirulina, plums, lentils, peanuts, spinach; P – nuts, algae, beans.

Conclusions. People who practice sports must use balanced natural sources of minerals daily.

Key words: sportsmen, minerals, role, natural sources

361. THE ORNAMENTAL PLANTS THROUGH THE LIGHT OF THE ACTIVE PRINCIPLES

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Introduction. The ornamental plants are wide-spread due to their beauty, usually considered to be without any value than decorative one, but there are some of them that also possess spicy (thyme), aromatic (lavender) or food properties (rosemary, basil), not to forget about their therapeutic qualities and toxicity. At first sight, the decorative plants are very harmless with a pleasant smell and look, but their varied chemical composition and therapeutic spectrum does not exclude their toxic potential.

Aim of the study. The selection of ornamental plants with therapeutic potential through the light of the chemical compounds and usage in medicine.

Materials and methods. Analysis of bibliographical data concerning the selected decorative plants used in office or house, their therapeutic and poisonous properties according to the chemical compounds.

Results. The research of chemical composition of these plants showed that the most important substances which they contain are: alkaloids (*Aphelandra squarrosa*, *Scindapsus aureus*, *Acalypha hispida*, *Dieffenbachia maculata*); volatile oils (*Hedera helix*, *Coleus forskohlii*), tannins (*Spathiphyllum cochlearispathum*, *Abutilon pictum*, *Ficus elastica*); flavonoids (*Anthurium andraeanum*, *Colocasia esculenta*); saponosides (*Dizygotheca kerchoveana*, *Fatsia japonica*, *Schefflera actinophylla*) and calcium oxalate (*Philodendron verrucosum*, *Syngonium podophyllum*).

Conclusions. Choosing of ornamental plant is an extremely important decision. Besides their beauty, the decorative plants can have both beneficial and negative effects on the state of the human body. It is necessary to know what effects can have the plants which share with us the same air and space everyday, in order to prevent possible damage to our health.

Key words: ornamental plants, chemical compounds

362. DIETARY FIBERS: EFFECTS ON HUMAN HEALTH

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Introduction. The simple term of dietary fibre originating with Hipsley (1953), but the most consistent definition is: non-digestible carbohydrates and lignin, functional fibers consisting of